

# 賽馬會「攜手同行」癌症患者支援計劃 Jockey Club Cancer Survivorship Care Project

## Capacity Building Workshop for Social Workers, Nurses & Allied Healthcare Professionals on Rehabilitation and Survivorship

### Pain Management and Rehabilitation in Cancer Care

#### Course outline

Date	5 & 26 Aug 2023 (2 days)
Time	9:30 am - 4:30 pm Morning session: 9:30am – 1:30am Afternoon session: 2:30 - 4:30pm
Venue	Room 1001 & 1002, 10/F, The Hong Kong Federation of Youth Groups Building (Model Lane entrance – next to Quarry Bay station exit C)
Trainers	Western Medicine doctor, Chinese Medicine practitioner, Physiotherapist, Occupational therapist, Dietitian & experienced counselor
Target	Social workers, nurses & allied health professionals
Number of participants	30
Objectives	<ul style="list-style-type: none"> <li>Introduce the pain and management and rehabilitation from relevant health disciplines</li> <li>Learn DIY skills of pain management &amp; rehabilitation for cancers patients</li> </ul>
Language	Cantonese supplementary with English terms
Format	Lecture, demonstrations, case discussion & sharing
Fee	Free (first come, first served basis) Remark: Full attendance is required. Absence with no reason will affect the registration of other courses.
Certificate	Awarded by HKACS and Asian Federation of Rehabilitation and Preventive Medicine for Full attendance (e-Cert only)
Remark	The entire workshop will provide participants with a more comprehensive knowledge of cancer patient rehabilitation and pain management. Speakers will share: <ul style="list-style-type: none"> <li>Western medical views;</li> <li>TCM understandings of cancer;</li> <li>Insights in managing the physical and emotional challenges faced by cancer patients;</li> <li>Provide practical tips and strategies to improve quality of life through rehabilitation and nutrition</li> </ul>
CNE point	11 points (Nursing Council of Hong Kong)

**Day one (Saturday, 5 Aug 2023)**

<p>Part 1: Western Medicine Management of Cancer Patients (Home)</p> <p>(2 hours)</p> <p>By Dr. Wilson Fung</p>	<ul style="list-style-type: none"> <li>- Doctor at home</li> <li>- Palliative Care</li> <li>- Commonly seen discomforts of cancer patients</li> <li>- Three Treasures of Safety: Pre-set medical instructions, continuous authorization letter, "safety" paper</li> <li>- Rest in peace at home</li> <li>- Questions / Discussion</li> </ul>
<p>Part 2: Occupational therapy for cancer patients</p> <p>(2 hours)</p> <p>By Mr. David Lau</p>	<ul style="list-style-type: none"> <li>- Occupational therapy in Cancer survivors</li> <li>- Daily life challenges faced by cancer patients</li> <li>- Application of daily living training in cancer rehabilitation</li> <li>- Case sharing</li> <li>- Discussion / Practical</li> <li>- Questions</li> </ul>
<p>Part 3: Emotional management of cancer patients</p> <p>(2 hours)</p> <p>By Mr. Dennis Auyeung</p>	<ul style="list-style-type: none"> <li>- Common emotional problems in cancer patients</li> <li>- Ways to deal with depression and anxiety</li> <li>- Case sharing</li> <li>- Discussions</li> <li>- Questions</li> </ul>

**Day 2 (Saturday, 26 Aug 2023)**

<p>Part 1: Nutritional management of cancer patients</p> <p>(2 hours)</p> <p>By Mr. Dominic Kwong</p>	<ul style="list-style-type: none"> <li>- Managing pain through nutrition and lifestyle changes</li> <li>- How to improve appetite</li> <li>- How to increase resistance and weight</li> <li>- Case sharing</li> <li>- Questions / Discussion</li> </ul>
<p>Part 2: Physical rehabilitation of cancer patients</p> <p>(2 hours)</p> <p>By Mr. Ray Lee</p>	<ul style="list-style-type: none"> <li>- Introduce the methods and principles of physical therapy rehabilitation for cancer patients</li> <li>- Common physical challenges faced by cancer patients</li> <li>- Non-pharmacological pain management commonly used in cancer patients</li> <li>- Application of exercise training in cancer rehabilitation + performance</li> <li>- Case sharing</li> <li>- Questions / Discussion</li> </ul>

<p>Part 3: TCM management of cancer patients  (2 hours)  By CK. Sung</p>	<ul style="list-style-type: none"><li>- TCM insights and common approaches to cancer pain management</li><li>- Medications commonly used in cancer patients</li><li>- TCM insights and approaches to nutrition and diet</li><li>- Insights and methods of cancer rehabilitation</li><li>- Case sharing</li><li>- The potential conflicts between Chinese and Western Medicine (From the perspective of Chinese Medicine practitioner)</li><li>- Questions / Discussion</li></ul>
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## 講者簡介:

### Dr. Wilson Fung

馮醫生曾於香港公立醫院內科和外展服務七年，對老人醫療服務和急症室服務的局限性，以及公私營醫療資源失衡等情況有深刻體會。他於 2016 年創立醫療共享平台「老友所醫」，並積極在香港推動「在宅醫療」，已為數千名長者和癌症病人提供在家治療和舒緩治療，並幫作 450 多位患者在家離世。

### Mr. David Lau

香港註冊職業治療師  
美國全國居家安老專家

曾於威爾斯親王醫院、東華三院、香港房屋協會任職，支援不同類別人士包括癌症患者及照顧者，使他們居家生活質素提升。

### Mr. Sung Chung Kei

註冊中醫師

畢業於香港大學及香港中文大學。曾於東華三院轄下中醫診所及中西醫藥治療中心任職，首批被送往廣東省中醫院接受中醫專科培訓，曾跟隨多位北京、廣州、上海的中醫腫瘤科國醫大師進修中醫腫瘤、任職期間為東華三院醫療職系人員提供中醫藥基礎培訓，現時於明德中醫專科診所任職。

### Mr. Dominic Kwong

註冊營養師

畢業於香港中文大學及澳洲悉尼大學

任職於私人診所及院舍服務，透過飲食治療，致力改善各種長期病患者包括癌症患者的健康及生活質素。

## Mr. Dennis Auyeung

### 資深輔導員

畢業於香港樹仁大學及香港中文大學，曾於伊利莎白醫院臨床心理科擔任心理服務助理，支援紓緩治療病人。已擔任輔導員工作超過十年。

## Mr. Ray Lee

Ray 在大型急症及復康醫院作前線工作超過十年，其中有幾年時間在腫瘤科工作，是一位經驗豐富的醫護人員。為了全人治療的理念，近十年私人執業，在社區中有不少機會接觸癌症患者，為他們度身訂造復康及痛症療程。